

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY with 5-6oz of water or beverage of choice. Vary amount of liquid to taste.

GHOST® WHEY WAS CONCEIVED TO FEED SAVAGERY AROUND THE CLOCK



LEGENDS DON'T ALWAYS USE A SHAKER
GHOST® WHEY is versatile AF. Use it in smoothies, protein ice cream, oats, pancakes and baked goods. Get inspired at ghostlifestyle.com

FULL DISCLOSURE PROTEIN	Whey Protein Isolate 90%	14.53g Delivering 12.5g Protein
	Whey Protein Concentrate 80%	13.16g Delivering 10g Protein
	Hydrolyzed Whey Protein Isolate	2.98g Delivering 2.5g Protein
NO AMINO SPIKING		

WARNING: This product is only intended for healthy adults. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product.

CA PROP 65 WARNING: This product may expose you to chemicals including lead known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

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STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTLING MAY OCCUR.



GHOST

WHEY PROTEIN

15 SERVINGS | NET WT. 1.2lb (555g)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.



NUTRITION FACTS

Approx. 15 Servings per Container
Serving Size: 1 Rounded Scoop (37 grams)

Amount Per Serving	140	% Daily Value**
CALORIES	140	
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 180mg		8%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Total Sugars 2g		
Includes 1g Added Sugars		2%
Protein 25g	50%	
Vitamin D 0mcg		0%
Calcium 145mg		10%
Iron 0mg		0%
Potassium 152mg		4%

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
 Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: **Whey Protein** (Whey Protein Isolate 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), **Pastry Crust Pieces** (Wheat Flour, Sugar, Palm Oil, Natural Flavor, Soy Lecithin, Salt, Baking Soda), Natural and Artificial Flavor, Salt, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose, Beta Carotene (for color)
Contains: Milk, Soy, Wheat

MANUFACTURED FOR GHOST LLC
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MADE IN THE U.S.A.
 IN A GMP COMPLIANT FACILITY
 CONTAINS INGREDIENTS OF
 INTERNATIONAL AND DOMESTIC ORIGIN
 CONTAINS BIOENGINEERED FOOD INGREDIENTS

BE SEEN®